

New England Sikh Study Circle Langer Menu Recommendations

Basic items	Amount		Fruit	
Onion	60 lb		Cantaloupes	3 each
Red Onion	10 lb		Grapes	6 - 8 lb
Garlic	5 lb		Strawberries	5 lb
Ginger	5 lb		Watermelon	2 each
Tomatoes	25 lb		Apples	10 lb
Mirch (Green Chili)	5 lb		Salad	
Cilantro (Fresh Dhaniyan)	15 bunch		Lettuce	15 heads
Fresh Mint (optional)	5 bunches		Cucumbers	20 each
Canola oil	70 lb		Carrots	5 lb
Atta (Whole Wheat flour)	4 bags (20 lb each)		Morning Snacks	
Rice	40 lb		Eggless cookies	2 box
Boondi	2 packets		Bread	6 packs
Puchranga Achar	4 cans		Cream cheese	2 - 3 boxes
Ketchup	2 big bottles (ask)		Chips	2 - 3 bags
Salt	3 containers		Rusk	1 box
Zira (Cumin seeds)	500 gms		Pakorras	
Dhania (Whole, Dry coriender)	500 gms		Besan	30 lb
Dhania (Coriender Powder)	ask		Cauliflower	7 heads
Ellaichi green	200 gm		Palak	8 lb
Kasoori Methi	1 box		Moongi Atta	2 pack
Ajwain	200 gm		Egg Plant	5 each
Milk	25 gal		Potatoes	15 lb
Tea (loose tea)	1 box		Dessert	
Imli (Tamarind seedless)	2 packs		Kheer	
Haldi (Turmeric)	200 gms		Rice	5 lb
Unsalted butter	15 lbs		Milk	10 gal
Sugar	20 lb		Sevian	
Hand Soap			Sevian	3 pack
Dish Soap			Milk	10 gal
Steel Scrubies			Custard	
Scrubies			Custard powder	3 big boxes
			Milk	10 gal
			Mixed fruit of your choice	5 lb
			Juice (optional); No soda please	

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Punjabi Kurry			Aloo Gajar, Matar
Besan	20 lb		Carrots
Dahi (Yogurt)	10 gal milk		Potatoes
Pakoras (make extra from morning)			Peas
Aloo Bangen			Mixed Vegetables
Bangen (egg plant)	4 cases		Carrots
Potatoes	60 lb		Potatoes
			Peas
Rajma			Green Beans cut
Rajma (Red beans Dry)	70 lb		Green Peppers
Potatoes	20 lb		
Saag Paneer			Shahi Paneer
Frozen Chopped Spinach	72 lb (two case)		Paneer
Fresh Garlic	6 lb		Tomato Puree
Fresh Ginger	6 lb		Tomato Paste
Paneer	20 lb		Heavy Cream
Makee Da Atta	20 lb		
			Daal
Matar Paneer			Daal (Black urd daal)
Paneer	30 lb		Chana Daal
Peas	70 lb		Rajma
Aloo Gobhi			Sholey (White)
Gobhi (Cauliflower)	70 heads		White sholey (Chick peas, dry)
Potatoes	50 lb		Potatoes
			Sholey (Black)
			Black sholey (dry)
			Potatoes